

User			
	Column Name	Data Type	Allow Nulls
🔑	UserID	int	<input type="checkbox"/>
	UserName	varchar(50)	<input type="checkbox"/>
	Email	varchar(255)	<input type="checkbox"/>
	Password	varchar(MAX)	<input type="checkbox"/>
	CreatedAt	datetime	<input type="checkbox"/>
	PreferredDistance	varchar(15)	<input type="checkbox"/>
	PreferredWeight	varchar(15)	<input type="checkbox"/>
			<input type="checkbox"/>

Feedback			
	Column Name	Data Type	Allow Nulls
🔑	FeedbackID	int	<input type="checkbox"/>
	RunID	int	<input type="checkbox"/>
	EffortRating	int	<input type="checkbox"/>
	FeelRating	int	<input type="checkbox"/>
	Pace	int	<input checked="" type="checkbox"/>
	Duration	int	<input checked="" type="checkbox"/>
	Distance	float	<input checked="" type="checkbox"/>
	CreatedAt	datetime	<input type="checkbox"/>
	Comment	text	<input checked="" type="checkbox"/>
			<input type="checkbox"/>

UserTrainingPlan			
	Column Name	Data Type	Allow Nulls
🔑	UserTrainingPlanID	int	<input type="checkbox"/>
	UserID	int	<input type="checkbox"/>
	TrainingPlanID	int	<input type="checkbox"/>
	Permission	varchar(20)	<input type="checkbox"/>
			<input type="checkbox"/>

Run			
	Column Name	Data Type	Allow Nulls
🔑	RunID	int	<input type="checkbox"/>
	TrainingPlanID	int	<input type="checkbox"/>
	Type	varchar(50)	<input checked="" type="checkbox"/>
	WeekNumber	int	<input type="checkbox"/>
	DayOfWeek	int	<input type="checkbox"/>
	TimeOfDay	time(0)	<input checked="" type="checkbox"/>
	Pace	int	<input checked="" type="checkbox"/>
	Duration	int	<input checked="" type="checkbox"/>
	Distance	float	<input checked="" type="checkbox"/>
	Notes	text	<input checked="" type="checkbox"/>
	Completed	bit	<input type="checkbox"/>
	RouteID	nvarchar(MAX)	<input checked="" type="checkbox"/>
	CreatedAt	datetime	<input type="checkbox"/>
			<input type="checkbox"/>

Comment			
	Column Name	Data Type	Allow Nulls
🔑	CommentID	int	<input type="checkbox"/>
	UserID	int	<input type="checkbox"/>
	RunID	int	<input checked="" type="checkbox"/>
	WorkoutID	int	<input checked="" type="checkbox"/>
	Text	text	<input type="checkbox"/>
	CreatedAt	datetime	<input type="checkbox"/>
			<input type="checkbox"/>

TrainingPlan			
	Column Name	Data Type	Allow Nulls
🔑	TrainingPlanID	int	<input type="checkbox"/>
	Name	varchar(255)	<input type="checkbox"/>
	StartDate	date	<input checked="" type="checkbox"/>
	Duration	int	<input type="checkbox"/>
	Event	varchar(50)	<input checked="" type="checkbox"/>
	GoalTime	varchar(50)	<input checked="" type="checkbox"/>
	CreatedAt	datetime	<input type="checkbox"/>
			<input type="checkbox"/>

Workout			
	Column Name	Data Type	Allow Nulls
🔑	WorkoutID	int	<input type="checkbox"/>
	TrainingPlanID	int	<input type="checkbox"/>
	Type	varchar(50)	<input type="checkbox"/>
	WeekNumber	int	<input type="checkbox"/>
	DayOfWeek	int	<input type="checkbox"/>
	TimeOfDay	time(0)	<input checked="" type="checkbox"/>
	Duration	int	<input checked="" type="checkbox"/>
	Notes	text	<input checked="" type="checkbox"/>
	Completed	bit	<input type="checkbox"/>
	CreatedAt	datetime	<input type="checkbox"/>
			<input type="checkbox"/>

Exercise			
	Column Name	Data Type	Allow Nulls
🔑	ExerciseID	int	<input type="checkbox"/>
	WorkoutID	int	<input type="checkbox"/>
	Name	varchar(50)	<input type="checkbox"/>
	Sets	int	<input checked="" type="checkbox"/>
	Reps	int	<input checked="" type="checkbox"/>
	Weight	int	<input checked="" type="checkbox"/>
			<input type="checkbox"/>